

# Executive Proclamation State of South Dakota Office Of The Governor

WHEREAS, The objective of Wellness is to enhance the quality of a person's life, not just to avoid illness or to live longer; and,

WHEREAS, Wellness is accomplished by helping people take responsibility for their own health by altering their lifestyles acquiring an optimum degree of health; and,

WHEREAS, Wellness is characterized by being physically fit, being able to manage stress, having goals and purposes for life, eating healthful food and being spiritually alive; and,

WHEREAS, Wellness is a way of life which helps you achieve harmony of body, mind, spirit and environment; and,

WHEREAS, Wellness can help South Dakotans get more out of life, the goals prescribed in the Wellness concept are worthwhile aims for a healthy, vital life; and,

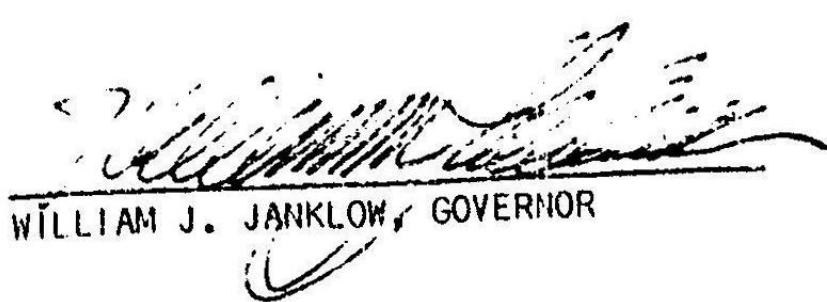
WHEREAS, Living a wellness lifestyle can help you realize your highest potential for wellness and well-being:

NOW, THEREFORE, I, WILLIAM J. JANKLOW, Governor of the State of South Dakota, do hereby proclaim the week of February 22 through 26, 1982, as

## WELLNESS WEEK

in South Dakota, and encourage South Dakotans to make the most of their lives by achieving a total sense of Wellness and participating in Wellness Week activities.

IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of South Dakota, in Pierre, the Capital City, this Thirteenth Day of January, in the Year of Our Lord, Nineteen Hundred and Eighty-Two

  
WILLIAM J. JANKLOW, GOVERNOR

ATTEST:

  
ALICE KUNDERT, SECRETARY OF STATE